

**ABSTRACT**

The invention relates to a method for producing hollow blade blades, in particular for gas turbines such as aircraft jet engines. According to said method, at least three elements (20, 21, 22) are located one on top of the other in a sandwich structure, are joined together at least in sections by diffusion welding and are then superplastically formed by expansion in such a way that a first element (20) forms a first external wall of the hollow blade to be produced, a second element (22) forms a second external wall of the hollow blade to be produced and a third element (21) forms a central element running between the two external walls of the hollow blade to be produced. At least one groove minimizing structure is introduced into the first element (20) and the second element (22), which form the two external walls of the hollow blade to be produced, before said elements are arranged together with the third element (21) in the sandwich structure.